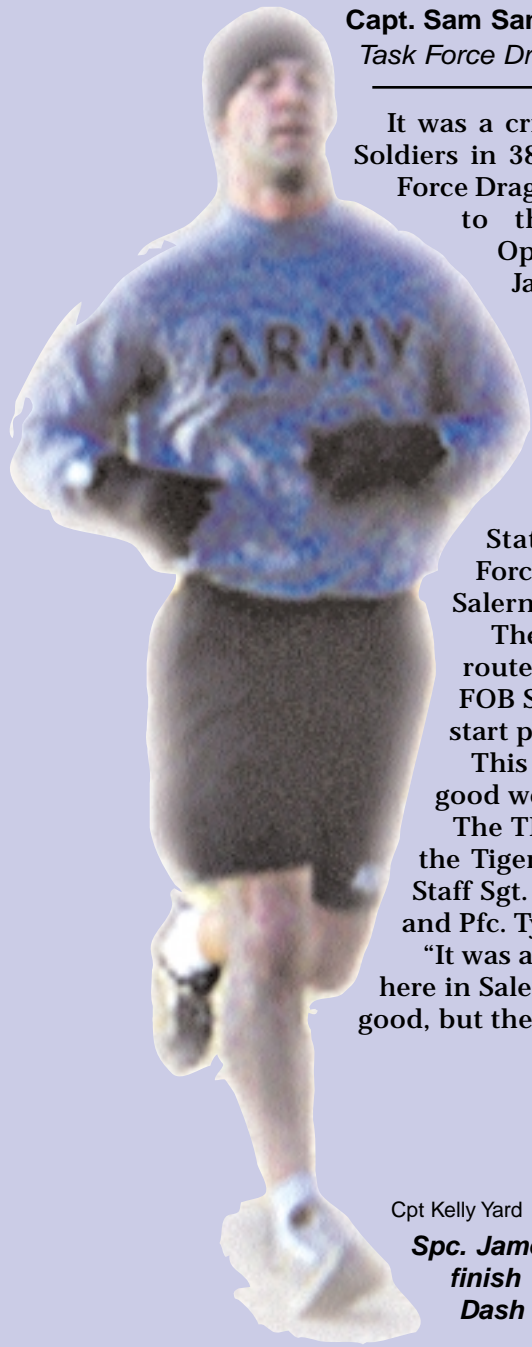


TF Dragoon stays in shape while deployed



Capt. Sam Sanderson
Task Force Dragon

It was a crisp morning with clear skies when Soldiers in 385th Military Police Battalion, Task Force Dragoon, in Afghanistan made their way to the start line for the Forward Operating Base Salerno's Tiger Dash Jan. 21.

The Soldiers decided to participate in this run on behalf of the battalion's motor sergeant, Master Sgt. Theodore Burnside, who was medically evacuated to the United States for health concerns. Prior to his return to the United States, Burnside represented Task Force Dragoon in all 5K runs on FOB Salerno.

The Tiger Dash was set on a new 5K route, which wrapped around the edge of FOB Salerno in a loop ending back at the start point.

This allowed the participants to attain a good workout and build esprit de corps.

The TF Dragoon Soldiers participating in the Tiger Dash were Capt. Sam Sanderson, Staff Sgt. Bruce Spearman, Spc. James Davis and Pfc. Tyler Atkinson.

"It was a great break in the everyday routine here in Salerno," Atkinson said. "The route was good, but the t-shirt was even better!"

Cpt Kelly Yard

Spc. James Davis, 385th MP Bn., crosses the finish line in Task Force Dragon's Tiger Dash Jan. 21.

Civilian fitness program now underway

Jake Battle
Morale, Welfare and Recreation

Fort Stewart and Hunter Army Airfield installation, Department of Defense and Army civilian employees who are interested in learning how to develop and maintain good health and physical fitness have the opportunity to participate in the Civilian Employee Fitness Program.

The program began Monday and runs through April 27. Workout sessions are 3-4 p.m. Mondays, Wednesdays and Thursdays and are free to authorized participants.

The course was organized to provide a fitness program for employees that promote physical health and well-being.

The goal of the program is to encourage good health practices through a regular fitness routine, which can lower stress and health-care expenditures while increasing energy levels, morale, and productivity.

The fitness program consists of classroom training in the areas of proper walking and jogging shoe selection; benefits of participating in a fitness program on a regular basis; nutrition; weight loss and smoking cessation. Additional classes will be scheduled according to group interest and instructor availability.

During this comprehensive three-month program, participants will be required to work out on their own in some form of physical fitness activities such as walking, jogging, aerobics, swimming, and strength training, three times per week for up to 60 minutes.

The class size is limited to 60 participants. Each directorate on Stewart will be authorized a pre-established number of slots and will be responsible for selecting the individuals to fill those slots.

The space allocations are:

- Chaplain, one
- Command, one
- Human resources, five
- Morale, Welfare and Recreation, six
- Information Management, three
- Logistics, six
- Public Safety, six
- Plans Training and Mobilization and Security, six

Public Works, six
Resource Management, two
Equal Employment Opportunity, one
Finance, one
Individual Readiness, one
Medical Hold, two
Plans and Integration, two
Public Affairs, one
Safety, two
Staff Judge Advocate, one
Winn Army Community Hospital, six

Any individuals who want to participate, but whose directorate is not shown, should contact Jake Battle, programs coordinator, at 767-3033.

Designated slots that are not used by any directorate will be reallocated among the awaiting candidates on a first-come, first-served basis to ensure that the 60 slots are filled. All selected individuals must fulfill all of the following requirements to obtain an available slot for the fitness program:

- Complete the Memorandum of Understanding for Civilian Employee Participation.
- Complete the Medical Consideration Health History Form.
- Ensure supervisors complete the Memorandum of Understanding for Subordinate Civilian Employee Participation.
- Obtain a physician's health release or similar statement from a health-care provider if you're a male aged 40 years or older or a female aged 50 years or older.
- It is the participant's responsibility to ensure that the forms listed above are completed and given to Jake Battle located in the Newman Fitness Center.
- Interested individuals referred by their directorate will be given an available slot after all forms are received.

An enrollment packet can be picked up at Newman Fitness Center.

The Fitness Assessment is mandatory for enrollment.

Attendees should be in workout attire. After confirmation of enrollment, all participants will be expected to attend all scheduled classroom and workout sessions at Newman Fitness Center.

Bradwell boys, girls celebrate Soldiers with wins

Patty Leon
Coastal Courier

It was military appreciation night Friday as the Bradwell Boys and girls teams hosted the Jenkins Warriors.

As a tribute to Soldiers, the boy Tigers stomped the Warriors by 20 points, defeating them 71-51, as the Lady Tigers rallied in their second half to win 53-29.

Bradwell's boys offense, dominated by #11 Deon Villasencio, was unstoppable. They gained the lead quickly and ending the second period 10 points ahead, 37-27.

The Tigers were hot on the three-point line with scores coming from Villasencio, Robert Sims, and Young Mim-King.

Although the Warriors tried to rally, the Tigers' defense kept them behind by 10 throughout most of the second half.

In the fourth period, Mim-King was the victim of four steals, but the Warriors still could not make the points.

The final attempt for the Warriors came at the buzzer with a basket, but still with a loss.

Bradwell's Lady Tigers rallied from a struggling first half, to win big over the Jenkins Warriors.

With two steals and the first score put up by Alexia Grimes of Jenkins, it appeared the Tigers lacked the confidence and the defense against a driving Warriors offense.

Grimes hit a three point shot and although Bradwell answered with their own three-pointer from Camille Jackson, by the end of the first period the Warriors were up by two points.

Grimes, Jenkins' point guard, had an impressive game with two three-point shots, a steal and some fancy passing drives such as one around the body of a Bradwell player to Mallory Mitchell that allowed the Warriors to stay close to the Tigers in the second half.

But as the buzzer sounded the end of the second half, a three point shot by Mei-sean Lee, sank in the basket giving a one point lead to Bradwell, 24-23.

In the end, however, the Warriors appeared to run out of



Lady Tigers coach Faye Baker takes a time out to discuss strategy in Friday night's game against the Jenkins Warriors. The Lady Tigers dominated the entire second half and had an impressive 53-29 win over the Warriors.

Youth gymnastics, track and field, and spring soccer registration

Sign your child up for Child and Youth Services activities!

Gymnastics registration is ongoing and continues throughout the school year on a space-available basis; **track and field** registration is happening now; **spring soccer** registration begins Monday.

To sign up, visit Fort Stewart CYS at Bldg. 443 — hours of operation are Mon., Tue., Thur., Fri.: 8 a.m. to 5 p.m.; Wed.: 9 a.m to 6 p.m.

Activities are open to all CYS members both on- or off-post.

Sports registration fees are \$30 for gymnastics and \$25 for track and field and soccer.

Baseball and softball start registration starts in March. For more information, call 767-2312.

Bradwell Institute shows military appreciation

Spc. Dan Balda
4th BCT Public Affairs

Command Sgt. Major Louis Torres, 4th Brigade Combat Team's top enlisted man was presented with a plaque of appreciation by Jim Walsh, Bradwell Institute's head football coach, before the women's basketball game Friday night.

Readie Kelly, the assistant women's basketball coach and a health and physical education teacher, said the night was especially important as her husband is retired military.

"(4th BCT) has supported us for so long we just wanted to show them that we are grateful for their support," Kelly said. "We try to pay them back by being here for their children while they are deployed."



Intramural Basketball

SOUTHEASTERN CONFERENCE

D Co., 3/7 Inf. vs HHC, 4/3 BSTB	6:30 p.m.	31 Jan.
15 ASOS vs A Co., 703 BSB	7:30 p.m.	
D Co., 3/7 Inf. vs A Co., 703 BSB	6:30 p.m.	5 Feb.
15 ASOS vs HHC, 4/3 BSTB	7:30 p.m.	
E Co., 1/64 AR vs HHC, 4/3 BSTB	6:30 p.m.	6 Feb.
E Co., 1/64 AR vs D Co., 3/7 Inf.	6:30 p.m.	7 Feb.
D Co., 3/7 Inf. vs E Co., 26th BSB	6:30 p.m.	12 Feb.
HHB, 1/9 FA vs A CO., 703 BSB	7:30 p.m.	
E Co., 1/64 AR vs E Co., 1/645 ASOS	8:30 p.m.	
HHB, 1/9 FA vs D CO., 3/7 INF.	6:30 p.m.	13 Feb.
A Co., 703 BSB vs E Co., 1/64	7:30 p.m.	
15 ASOS vs E Co., 26th BSB	8:30 p.m.	
E Co., 26th BSB vs A CO., 703 BSB	6:30 p.m.	21 Feb.
E Co., 1/64 AR vs E Co., 26th BSB	6:30 p.m.	22 Feb.
HHB, 1/9 FA vs E CO., 1/645 ASOS	7:30 p.m.	
E Co., 1/64 AR vs HHB, 1/9 FA	6:30 p.m.	26 Feb.
E Co., 26th BSB vs HHB, 1/9 FA	6:30 p.m.	28 Feb.

FREEDOM Conference

135th QM Co. vs G Co., 703 BSB	6:30 p.m.	6 Feb
D Co., 703 BSB vs HHC, 1/306 INF.	7:30 p.m.	
HHC, 3/7 Inf. vs B Co., 2/3 BTB	8:30 p.m.	
HHC, 1/64 AR vs HHC, 1/306 INF.	6:30 p.m.	12 Feb
HHC, 26th BSB vs G CO., 703 BSB	7:30 p.m.	
135th QM Co. vs B Co., 2/3 BTB	8:30 p.m.	
G Co., 703 BSB vs B Co., 2/3 BTB	6:30 p.m.	21 Feb
HHC, 3/7 Inf. vs Det., 2/3 Sig Co.,	7:30 p.m.	
HHC, 26th BSB vs HHC, 1/306 INF.	8:30 p.m.	
135th QM Co. vs Det., 2/3 Sig Co.,	6:30 p.m.	26 Feb
HHC, 26th BSB vs B Co., 2/3 BTB	7:30 p.m.	
D Co., 703 BSB vs HHC, 3/7 Inf.	8:30 p.m.	

LIBERTY CONFERENCE

D Co., 3/7 Cav vs B Co., 4/64 AR	6:30 p.m.	13Feb
E Co., 3/7 Inf. vs B Btry., 1/9 FA	7:30 p.m.	
HHC, 2nd BCT vs 1/30 Inf.	8:30 p.m.	
F Co., 26th BSB vs B Btry., 1/9 FA	6:30 p.m.	20Feb
D Co., 3/7 Cav vs 1/30 Inf.	7:30 p.m.	
E Co., 3/7 Inf. vs HHC, 2nd BCT	8:30 p.m.	
B Btry., vs HHC, 2nd BCT	7:30 p.m.	21Feb
B Co., 4/64 AR vs E Co., 3/7 Inf.	8:30 p.m.	
1/30 Inf. vs E Co., 3/7 Inf.	6:30 p.m.	22Feb
B Btry., vs D Co., 3/7 Cav.	7:30 p.m.	
B Co., 4/64 AR vs F Co., 26th BSB	8:30 p.m.	
F Co., 26th BSB vs D Co., 3/7 Cav.	7:30 p.m.	26Feb
B Btry., vs B Co., 4/64 AR	8:30 p.m.	
1/30 Inf. vs F Co., 26th BSB	7:30 p.m.	28Feb
HHC, 2nd BCT vs D Co., 3/7 Cav.	8:30 p.m.	
E Co., 3/7 Inf. vs F Co., 26th BSB	6:30 p.m.	1Mar
HHC, 2nd BCT vs B Co., 4/64 AR	7:30 p.m.	
1/30 Inf. vs B Btry., 1/9 FA	8:30 p.m.	
B Co., 4/64 AR vs 1/30 Inf.	6:30 p.m.	5Mar
F Co., 26th BSB vs HHC, 2nd BCT	7:30 p.m.	
D Co., 3/7 Cav vs E Co., 3/7 Inf.	8:30 p.m.	

HUNTER AAF

24 JANUARY

Dinning Fac. vs B Co., 603d Avn (WON)	27 - 42
E Co., 3/3d Avn. vs 512thQM co	Reschedule
C Co., 603d Avn. vs Corps of Engr (WON)	18 - 31

Basketball Standings

South Eastern Conference

	Won	Lost	PCT
A Co 703 BSB	5	1	0.830
HHC 4/3 STB	3	2	0.600
15 ASOS	1	1	0.500
E Co 1/64 AR	1	1	0.500
HHB 1/9 FA	2	2	0.500
D Co 3/7 Inf	2	3	0.400
E Co 26 BSB	0	0	0.000

Liberty Conference

	Won	Lost	PCT
HHC 2nd BCT	5	0	1.000
1/30 Inf	2	0	1.000
B Co 4/64 AR	2	2	0.500
F Co 26 BSB	2	3	0.400
B 1/9 FA	1	3	0.250
D Trp 3/7 Cav	1	3	0.250
E Co 3/7 Inf	0	0	0.000

Freedom Conference

	Won	Lost	PCT
A Co 3 BSB	7	1	0.875
DET 2/3 SIG Co	7	2	0.777
135th QM Co	5	2	0.714
G Co 703 BSB	4	2	0.666
A 1/41 FA	4	4	0.500
HHC 3/7 Inf	3	2	0.600
D Co 703 BSB	3	4	0.428
B Co 2/3 BTB	2	3	0.400
HQ Co 1/306 Inf	2	4	0.333
HHB 1/64 AR	2	7	0.222
HHB 1/64 AR	2	7	0.222
HHC 26 BSB	0	3	0.000

Hunter AAF Conference

	Won	Lost	PCT
B Co 603 ASB	8	1	0.889
DFAC	7	1	0.875
A Co 603 ASB	6	0	1.000
Avn Bde	5	2	0.714
C Co 2/3 Avn	5	2	0.714
E Co 1/3 Avn	4	1	0.800
E Co 3/3 Avn	4	2	0.667
512 QM Co	4	2	0.667
Corps of Eng	4	4	0.500
514 Eng	3	3	0.500
C Co 603 ASB	2	6	0.250
D Co 3/160 SOAR	2	11	0.154
HHC 160 SOAR	1	6	0.143
C Co 603 ASB	0	13	0.000

Bobby Ross retires from coaching

Goarmysports.com

WEST POINT, N.Y. — The football coaching fraternity is losing another one of its most respected members as Bobby Ross announced his retirement from coaching Monday afternoon.



Courtesy photo

Bobby Ross

Ross, who built championship programs at both the collegiate and professional levels across a decorated coaching career that spanned five decades, recently completed his third season as head football coach at the United States Military Academy.

"I think there's a point in time when you feel like it's your time to retire, and I think I've reached that time," Ross said. "I think there is an issue of having a certain degree of energy, which I feel is very important for anyone leading a college football program. I feel that I was lacking in that area as well. I don't feel that it would be fair to our administration, our staff or our players, to give less than the full capacity the job requires. I want to thank all of our administration, support staff and our players for the effort and dedication they gave our program during my tenure here.

"I am also thankful for the support of our many alumni and Soldiers throughout the country. My desire to always coach at West Point was a great one. I will be indebted to our administration forever for providing me the opportunity to experience that. I think a great deal of West Point, and I feel confident the program is in a very competitive state

right now to the point our team can move on and play very competitively at the Division I-A level."

West Point Superintendent Lt. Gen. Franklin L. Hagenbeck said Coach Ross built a solid foundation for the football program consistent with West Point's tradition of honor and service.

"He's been a mentor not only to the players and coaches, but to so many others at West Point, Hagenbeck said. "The entire West Point community is grateful to him and we will certainly miss his leadership."

During his three years at the Army helm, Ross guided the Black Knights to a record of 9-25 (.265). After inheriting a program that had registered just four wins in its previous 36 contests (spanning four seasons), his Army squads posted records of 2-9 in 2004, 4-7 in 2005 and 3-9 in 2006. The Black Knights have captured seven of their last 17 contests overall with eight of their 12 games last season decided by two touchdowns or less.

"I would like to thank coach Ross for all the wonderful things he's done for our football program," said Army Director of Athletics Kevin Anderson. "While he certainly

ly improved our level of competitiveness on the field, he also helped elevate countless areas that should guarantee the program's future success. I've been around a lot of coaches during my years in collegiate athletics and I've always said that Bobby Ross is among the best. He is a special person and gave everything he had to help restore pride in our football program. I feel honored to have had the opportunity to work with him and wish him well in his retirement."

A head coach in the college ranks for 15 years prior to serving successful stints directing the San Diego Chargers and the Detroit Lions in the National Football League, Ross led Georgia Tech to a national title and the Chargers to a Super Bowl.

He compiled a record of 103-101-2 (.505) in 18 seasons as a college head coach, which also included stops at The Citadel (1973-77), Maryland (1982-86) and Georgia Tech (1987-91). He guided the Yellow Jackets to an 11-0-1 record.

During a winter that has previously seen the likes of Fisher DeBerry and Bill Parcells retire from their profession, Ross becomes the latest veteran football coach to leave the sidelines.

Stan Brock tapped to head up Army football

Goarmysports.com

WEST POINT, N.Y. — When Bobby Ross informed officials at the United States Military Academy of his decision to retire from coaching, Academy leadership wasted little time identifying the veteran field boss' successor.

On the same day in which Ross officially announced that he was leaving the coaching sidelines, United States Military Academy Superintendent Lt. Gen. Franklin L. Hagenbeck and Director of Athletics Kevin Anderson introduced Stan Brock as the Black Knights' new head football coach.

Brock, who served as an assistant on Ross' staff each of the past

three years, was named the 35th head coach in the history of the intercollegiate football program at West Point during a press conference at Randall Hall Auditorium Monday afternoon.

"West Point is fortunate to have a proven leader with coach Brock's record of success," said Hagenbeck. "Stan's name immediately rose to the top when we began discussing the process with coach Ross to identify a future successor. The continuity and stability he provides the program is critical. He's earned the respect of the players, coaches and administration as a tough, principled visionary."

A member of Ross' original staff

at the Academy, Brock has guided Army's offensive linemen each of the past three years and carries the experience of 16 years as a standout lineman in the National Football League.

"I'm very excited about the opportunity to serve as head coach at Army," Brock said. "I'm honored that the administration at the Academy offered me the position and thinks enough of me to lead this program. When you're at West Point, you're not only the head coach of the team, but you're also a role model for the Corps of Cadets. The Corps has to be able to connect with you and I think it's very important to have a good relationship with them."

"I arrived with very little knowledge of West Point. In three years, I've gained a great understanding of the Military Academy," he added. "I've been out to Camp Buckner and I've gone through summer training with our cadets. I've been to a couple of the pre-R-Day training sessions and I've attended graduation ceremonies, so I feel very comfortable with my knowledge of the Academy."

Brock played 13 seasons with the NFL's New Orleans Saints (1980-92) as an offensive tackle after he was selected in the first round of the 1980 NFL Draft as the 12th overall selection. He was an All-Rookie choice in 1980 and went on to play in 186 games for

New Orleans (No. 4 all-time in Saints history). At one point, Brock made 67 consecutive starts and was part of an offensive line that allowed a league-low 15 sacks in 1992.

During his last six years in New Orleans (1987-92), the Saints compiled an overall record of 66-32 (.673). Brock was inducted into the Saints' Hall of Fame in 1998.

"We are very fortunate that we had an internal candidate the likes of Stan Brock to succeed coach Ross," Anderson said. "Stan commands a great deal of respect from our players. He resonates with them and has proven to be an excellent leader and role model during his time here."

Army wrestling rebounds, beats Brown

Goarmysports.com

WEST POINT, N.Y. —The Army wrestling team rebounded from its first Eastern Intercollegiate Wrestling Association loss of the season by beating Brown, 23-10, Sunday at Gillis Field House.

Shortly after dropping a decision to Harvard, the Black Knights won seven bouts and improved to 9-4 overall and 5-1 in EIWA matches.

Fernando Martinez and Richard Starks had major decisions and Matt Kyler, Austin Milster, Brent Smith, Scott Ferguson and Nathan Thobaben won by decisions to lead the Black Knights.

“We rebounded in the second match,” said Army head coach Chuck Barbee. “We wrestled a little better in the second match. Before the match, we talked about firing and off and being aggressive which is what you need to do to beat good teams.”

Martinez got the Black Knights off to a great start with a 13-5 major decision at 125. Martinez had a first-period takedown, a takedown and near fall points in the second and an escape and riding time in the third.

Brown’s Jeff Schell tied the match one weight class later with a major decision over William Simpson. Schell had a takedown and three back points in the second period and then a takedown and

riding time for a 9-1 win.

Kyler put Army ahead 7-4 with a hard-fought win at 141. Kyler had three takedowns in the first period, including one on the end of the mat late in the period for a 6-4 victory.

Milster battled his way to an 8-5 win at 149. Milster had a takedown early and then escaped following a reversal. Brown’s Leonard Marandino then had a takedown for a 4-3 lead. Marandino took down to start the second and had an escape. Milster countered with a takedown to tie the match heading into the final period. Milster was down to start the third period and quickly escaped. He sealed the victory with a takedown with 15 seconds left and gave Army a 10-4 lead.

Brown tied the match after Bran Crudden’s 4-3 win at 165. Crudden had an early takedown but Army’s Brian Rowan escaped. Crudden had an escape in the second period and then riding time to make it 10-10 after six weights.

Smith put the Black Knights back ahead with a workman-like effort at 174.

Smith had a takedown in the first, a reversal in the second and then rode out Chris Musser in the third for a 5-0 win.

Ferguson put together three takedowns, three back points and an escape for a 10-6 win at 184 to increase the Army advantage to 16-10.

Starks had more than three minutes of riding time, along with three takedowns and an escape for an 8-0 win that gave the Black Knights a 20-10 lead.

Thobaben closed the duel with a 10-5 victory at heavyweight. Thobaben trailed 2-0 early but scored three takedowns, two back points and a pair of escapes.

Army 23, Brown 10

125 – Fernando Martinez (A) major dec. Greg Einfrank, 13-5

133 – Jeffrey Schell (B) major dec. William Simpson, 9-1

141 – Matt Kyler (A) dec. Mark Savino, 6-4

149 – Austin Milster (A) dec. Leonard Marandino, 8-5

157 – Tom Fazio (B) dec. Christian Snook, 4-2

165 – Bran Crudden (B) dec. Brian Rowan, 4-3

174 – Brent Smith (A) dec. Chris Musser, 5-0

184 – Scott Ferguson (A) dec. Matt Gevelinger, 10-6

197 – Richard Starks (A) major dec. Larry Otsuka, 8-0

285 – Nathan Thobaben (A) dec. Levon Mock, 10-5

Referee: Matt Sorochinsky

Records: Army 9-4, 5-1 EIWA; Brown is 1-7, 1-3



Courtesy photo

Nathan Thobaben



Courtesy photo

Jarell Brown

Bucknell defeats Army

Goarmysports.com

LEWISBURG, Pa. — Jason Vegotsky and Donald Brown each scored 12 points to lead four Bison players in double figures as Bucknell defeated Army, 74-49, in a Patriot League men’s basketball game Saturday evening in front of 4,110 spectators at Sojka Pavilion.

Bucknell took control of the contest from the opening tip, outscoring Army, 26-6, out of the gates.

With Bucknell leading Army 6-4 in the early going, the Bison reeled off 12 unanswered points to increase their lead to 18-4.

After a Matt Bell jumper drew Army to within 12 points at 18-6, Bucknell

outscored the Black Knights, 15-3, over the next several minutes to establish a 33-9 lead.

Abe Badmus fueled the burst, connecting on a pair of three-pointers during the stretch.

Following a three-pointer by Bell, Bucknell reeled off a 10-3 scoring spurt to end the half to open up its largest lead of the contest, 43-15, at halftime.

Badmus led Bucknell with nine points in the first half, while Donald Brown and Chris McNaughton each tallied eight points in the opening stanza.

The Bison shot a blistering 65.2 percent from the field in the first half, including 7-of-10 from three-point range.